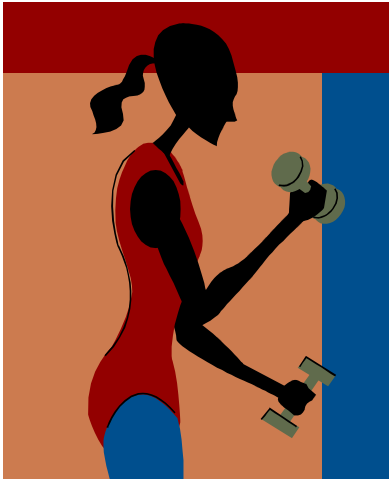


"Fast, Fearless, and Fun Friday Workouts for Women with former Drill Sergeant Sally"

Fridays
7:00 - 8:00 p.m.

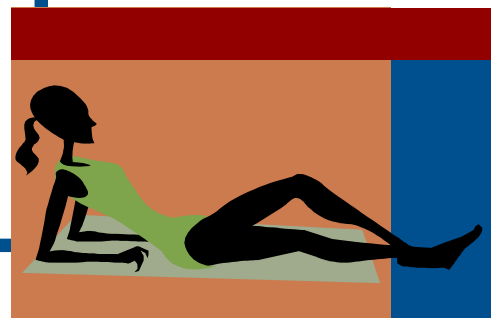
Pleasant Ridge Recreation Center
5915 Ridge Avenue
Cincinnati, Ohio 45213
513-731-7894



Learn how to use the weight machines, elliptical, treadmills, bikes, free weights and compose a workout routine with your goals in mind.

Get motivated by former Drill Sergeant Sally to get the most out of your routine in a fun atmosphere.

Pleasant Ridge Center membership and weight room membership required.
All weight machines are handicap accessible.
As always, before starting a workout routine, please check with your doctor.



Cincinnati Recreation Commission

Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the American with Disabilities Act.